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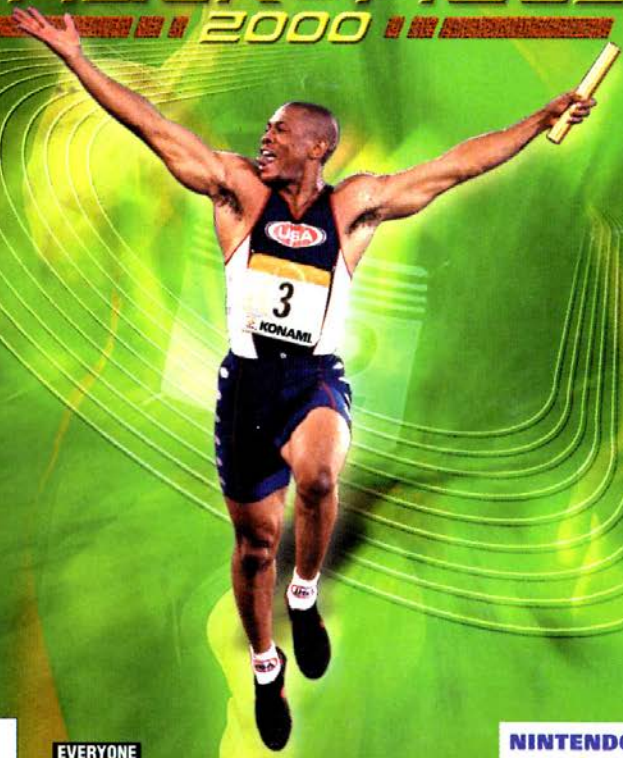
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NINTENDO 64

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EVERYONE
SUITABLE FOR ALL AGES

CONTENTS

GETTING STARTED

CONTROL STICK FUNCTION

The Nintendo 64 Controller contains a Control Stick which uses an analog system to read the angles and directions of its movement. This allows precision control that is not possible using the conventional +Control Pad.

When turning the Control Deck Power ON, do not move the Control Stick from its neutral position on the controller.

If the Control Stick is held at an angled position (as shown in the top picture, left) when the power is turned on, this position will be set as neutral. This will cause games using the Control Stick to operate incorrectly.

To reset the neutral position once the game has started, let go of the Control Stick so it can return to its center position (as shown in the bottom picture, left), then press START while holding down the L and R Buttons.

The Control Stick is a precision instrument; make sure not to spill liquids or place any foreign objects into it. If you need assistance, contact Nintendo Consumer Assistance at 1-800-255-3700 or call your nearest Nintendo Authorized Repair Center℠.

CAUTION: Some of the events in this game require the player to rapidly rotate the Control Stick or repeatedly press buttons in order to complete the event. To avoid irritation to your skin and/or damage to the Control Stick, do not use the palm of your hand. Rotate the Control Stick with your thumb or by holding it between your thumb and forefinger. Depress the buttons with your fingers, not your palm.

HOLDING THE NINTENDO 64 CONTROLLER

We recommend that you use the hand positions shown at right. By holding the controller like this, you can operate the Control Stick freely with your left thumb. Using your right thumb, you can easily access the A, B and C Buttons. Place your left index finger where it feels comfortable, but not in a position where you might accidentally press the Z Button on the back of your controller.

STARTING THE GAME

Warning: Never insert or remove a Game Pak when the power is on!

1. Make sure the power is OFF on your N64®
2. Insert the Game Pak into the slot on your N64. Press firmly to lock the Game Pak into place.
3. Confirm that a controller is connected. Up to 4 players may play this game. Controller Sockets 1 through 4 correspond to players 1 to 4. For a 1P game, please connect the Controller to Controller Socket 1.
4. Turn the POWER switch ON. (Do not touch the Control Stick while powering-on.) Game data is loaded automatically when a Controller Pak is connected to the 1P Controller.
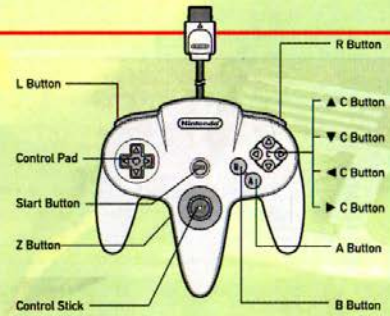5. At the Title Screen, press START when prompted to begin the game.

Note: To save games, insert the N64® Controller Pak into the controller before starting play.

CONTROLS

SELECTION SCREEN CONTROLS

Control Stick
or +Control Pad . . . Choose item
A Button . . . . Confirm/Advance
B Button . . . . Cancel/Exit

Note: See individual events on pages 10-16 for event controls.

L Button
R Button
▲ C Button
▼ C Button
◄ C Button
► C Button
Control Pad
A Button
Start Button
Z Button
Control Stick
B Button

CONTROLLER PAK™

It is possible to save and load data when using a Controller Pak (sold separately). Game data can be saved onto the Controller Pak plugged into the controller in Controller Socket 1. Please refer to the Controller Pak instructions for more information.

GAME NOTES

The Controller Pak memory is divided into 123 pages. **INTERNATIONAL TRACK AND FIELD 2000** requires 20 pages to save data. When you save data with no game note previously created, a message will appear asking if you would like to create a new game note. Select YES and press the A Button to confirm the save.

THE CONTROLLER PAK MENU

Press START while turning on the power to the N64® Control Deck.

• To delete a game note, use the Control Stick to select the game note and press the A Button to confirm. Caution: Once a note has been deleted it cannot be restored.

ERROR MESSAGES

• **Controller Pak not connected. Please insert a Controller Pak.**
• **Controller Pak is not inserted correctly. Please insert the Controller Pak correctly.**
Please check that the Controller Pak has been inserted correctly. If this message continues to appear, there is a chance that the Controller Pak may be damaged. It is recommended that you insert a new Controller Pak.

• **This game requires 20 pages for game notes.**
• **Not enough free pages.**
• **Do not make game note.**
Insert a new Controller Pak or delete selected game data using the Controller Pak Menu.

• **A device other than a Controller Pak is connected. Please insert the Controller Pak.**
In order to save game data a Controller Pak is necessary. Please insert a Controller Pak.

• **Controller or Controller Pak error.**
• **Re-connect.**
• **Try to repair.**
Select RE-CONNECT and correctly re-insert the Controller Pak. If this message continues to appear, there is a chance that the Controller Pak may be damaged. In this case, select TRY TO REPAIR.
Caution: Game data may be lost when repairing the Controller Pak.

RUMBLE PAK™ & N64 EXPANSION PAK™

RUMBLE PAK

This game is compatible with the Rumble Pak (sold separately). When the Rumble Pak is connected to the controller, the controller will vibrate at certain points during the game.

• The Rumble Pak may be connected and disconnected while the power to the N64 game console is on; however please use adequate caution when doing so.

• Game data cannot be saved or loaded while the Rumble Pak is connected. Please follow the on-screen instructions when switching between the Rumble Pak and the Controller Pak.

N64 EXPANSION PAK

This game is compatible with the N64 Expansion Pak (sold separately). Please refer to the instruction manual included with the Expansion Pak before use, as it contains important information regarding safety and correct usage of the Expansion Pak.

CHOOSING A GAME MODE

Press START at the Title Screen to display the Game Select Screen.

Move the Control Stick or press the +Control Pad ↑ ↓ to select a game mode, and press the A Button to confirm.

TRIAL MODE – Play through the events to practice and learn the controls. See page 6.

CHAMPIONSHIP MODE – Represent your favored country and play through a random series of events for high scores and standings. See page 8.

OPTION – Reconfigure game settings and save or erase game data. See page 9.

PAUSE

Press START during an event to display the Pause Menu. While the game is paused, the current event controls and World Record (WR) will be displayed. Select from these options:

CONTINUE – Return to the current event.

RETRY – Restart the current event.

GAME SELECT – Exit back to the Game Select Screen.

REPLAY

After the completion of each event, the Replay Screen appears. Watch the replay, or press START to skip this screen.

TRIAL MODE

Ten events are available for selection at the beginning of the game. As you earn higher medals in the available events, you will unlock even more events. There are 14 events in all.

Move the Control Stick or press the +Control Pad ↑ ↓ to select an event, and press the A Button to enter it.

EVENT SELECT

The first 10 events are:

100m Dash	Horizontal Bar
Long Jump	100m Hurdles
Hammer Throw	Javelin Throw
Pole Vault	Weightlifting
100m Freestyle	High Jump

When you earn at least a Bronze Medal in the first 10 events, the next 2 events will become available:

Triple Jump   100m Breaststroke

Earn at least a Silver Medal in all 12 events to open up the next event:

Vault

Earn a Gold Medal in all 13 events to unlock the final event:

Trap Shooting

PLAYER ENTRY

Press the A Button to enable your player. For multiple players, pressing the A Button on each player's controller will enable that player.

Move the Control Stick or press the +Control Pad ↑ ↓ → ← to select a country, then press the A Button to enter.
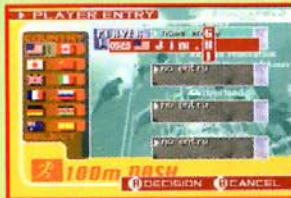

Next, enter each player's name. Move the Control Stick or press the +Control Pad ↑ ↓ to select a character and press the A Button to set. Change the cursor position by moving the Control Stick or pressing the +Control Pad → ←. Once all players have entered their names, press the A Button to complete player entry.

TUTORIAL

When you enter an event, you'll see a Tutorial explaining the event's controls. Then the event will start. Press START if you want to skip the Tutorial.

RESULT

At the completion of each event the game rankings will be displayed. Press START to skip the Result Screen.
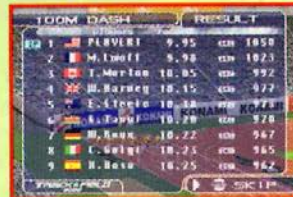
CONTINUE

Finally, the Event Completion Screen is displayed. Move the Control Stick or press the +Control Pad ↑ ↓ to select an option and press the A Button.

CONTINUE – Restart the current event from the beginning.

GAME SELECT – Exit back to the Game Select Screen.

QUIT – Exit back to the Title Screen.

SAVING IN TRIAL MODE

If you achieve a Top 3 Record, the Save Screen will be displayed. You can save your Record data at this point by selecting YES and pressing the A Button.

Caution: Any personal best records in the Top 5 will be held in memory automatically; however, these records will disappear when the power is turned off. To save personal best data, go to Option Mode, select CONTROLLER PAK and then select SAVE. (See page 9.)

CHAMPIONSHIP MODE

In Championship Mode, 8 events are chosen at random. You must play through these events in their assigned order. At the completion of each event, your current points are tallied and the standings of each country are displayed.

PLAYER ENTRY

Enter players, countries and names in the same way as for Trial Mode games. (See pages 6-7.)

PLAYING AN EVENT

After all players are entered, the 8 events to be competed in are displayed. Press the A Button to start the game. You must play through the events in order from top to bottom; you cannot select events or change their order.

- A Tutorial appears before each event (see page 7).
- At the completion of each event, the current game rankings and total points are displayed. Press START to skip the Result Screen.
- Following the Result Screen, the Game Program Screen reappears, displaying the name of the next event. Press the A Button to start the event, or press the R Button to display the current rankings.
- If you achieve No. 1 ranking, you'll hear the national anthem for your chosen country (except for Russia and Kenya).

SAVING IN CHAMPIONSHIP MODE

The Total Result Screen is displayed after all 8 events have been completed. At this point, you can save your Record data by selecting YES and pressing the A Button.

OPTION MODE

Move the Control Stick or press the +Control Pad ↑ ↓ to select a menu item, and move/press → ← to change the settings.

SOUND MODE – Select from STEREO, HEADPHONE or MONO. HEADPHONE produces the optimum sound when you're using headphones.

RESOLUTION – When using the N64 Expansion Pak, you can toggle graphic resolution between HIGH and LOW.

RANKING – View best times and point scores for all events.

CONTROLLER – Save or delete Record data for both Trial and Championship Modes. Move the Control Stick or press the +Control Pad ↑ ↓ to select a menu and press the A Button. A confirmation message will appear; select YES and press the A Button to confirm.

   SAVE – Save Record data.

   ERASE ALL DATA – Delete all Record data.

   Note: Record data for all events in progress will disappear if the power is turned off. To save Record data, be sure to select SAVE.

EXIT – Return to the Title Screen.

BUTTON CONTROLS DURING PLAY

During the game, you can use either the L or R Button instead of the Z Button.

100M DASH

RULES

Compete for the fastest time, running a distance of 100m. If you start running before the **GO!** signal, you will false start. A player with 2 false starts will be disqualified.

MULTI-PLAYER GAMES: Players compete simultaneously.

CONTROLS

- At the **GO!** signal, repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to run.
- The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.

LONG JUMP

RULES

Build up speed in the run-up and compete for the farthest jump distance. Crossing the jumping line before you jump results in a foul. The farthest jump out of 3 attempts counts as your score.

Multi-Player Games: Players alternate 1 jump at a time.

CONTROLS

- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will time out.)
- The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.
- Press/hold the Z Button as you approach the jump line to increase the Angle Gauge. When the gauge reaches the desired angle, release the Z Button to complete the jump.

HAMMER THROW

RULES

Twirl around to build up power, then throw the hammer, competing for the farthest distance thrown. The hammer must land between the 2 lines to be a valid throw.

Multi-Player Games: Players alternate 1 throw at a time.

CONTROLS

- Move the Control Stick clockwise or press the +Control Pad in a circular motion to start the event. (You must start within 10 seconds or you will time out.) The more times you turn, the higher your Power Gauge will rise.
- The Timing Gauge will rotate 5 times. Throw the hammer before the gauge reaches 0 or you will be fouled.
- Press/hold the Z Button when the Swing Gauge is facing in the direction you want to throw (shown in white). When the gauge reaches the desired throw angle, release the Z Button to complete the throw.

POLE VAULT

RULES

Build up speed in the run-up and use the pole to clear the bar. Compete to clear the highest bar without knocking it off. Knocking off the bar is a foul; three fouls is a disqualification. Successfully clear the bar to advance to the next height.

Multi-Player Games: Players alternate 1 vault at a time.

CONTROLS

- Move the Control Stick or press the +Control Pad ↑ ↓ to select the bar height, then press the A Button to set it.
- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will time out.) The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.
- Press the Z Button as the Timing Gauge approaches the red mark to jump.
- Press the Z Button as the Recover Gauge approaches the yellow mark to lift your legs and clear the bar. Release the Z Button to complete the jump.

100M FREESTYLE

RULES

Compete for the fastest time, swimming freestyle over a distance of 100m. If you start swimming before the **GO!** signal, you will false start. A player with 2 false starts will be disqualified.

Multi-Player Games: Players compete simultaneously.

CONTROLS

- At the **GO!** signal, repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to swim.
- The faster you press the buttons, the higher the Power Gauge will rise and the faster you will swim.
- You will automatically complete the turn.

HORIZONTAL BAR

RULES

Perform various twists and turns on the horizontal bar, competing for points. Points are judged on the skill and beauty of the routine.

Multi-Player Games: Players alternate to complete their routines.

CONTROLS

- Press the Z Button to start the event. (You must start within 10 seconds or you will be fouled.)
- Areas on the Timing Gauge will light up at random. Press the Z Button when the marker is inside the lit area.
- Commands appear on-screen. Use the Control Stick, +Control Pad, or C Buttons ↑, ↓, →, ← to enter the commands within the time limit.
- Repeat steps 2 and 3 a total of 8 times.
- You will automatically complete the landing.

110M HURDLES

RULES

Compete for the fastest time, running the 110m hurdles. If you start running before the **GO!** signal, you will false start. A player with 2 false starts will be disqualified.

Multi-Player Games: Players compete simultaneously.

CONTROLS

- At the **GO!** signal, repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to run.
- The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.
- Press the Z Button as you approach the hurdles to jump. Watch your timing!

JAVELIN THROW

RULES

Build up speed in the run-up and throw the javelin, competing for the farthest distance thrown. The javelin must land between the 2 lines to be a valid throw.

Multi-Player Games: Players alternate 1 throw at a time.

CONTROLS

- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will time out.) The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.
- Press and hold the Z Button before crossing the throw line to set the angle of the throw. When the gauge reaches the desired angle, release the Z Button to complete the throw.

WEIGHT LIFTING

RULES

Compete for the heaviest successful lift.

Multi-Player Games: Players alternate 1 lift at a time.

CONTROLS

- Move the Control Stick or press the +Control Pad ↑ ↓ to select the weight of the barbell, then press the A Button to set it.
- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to build up the Power Gauge. Press the Z Button when the gauge and sliding marker are both in the purple OK Zone to complete the Clean.
- Again, repeatedly press the C Button ↑ ↓ → ← or the A and B Buttons. Press the Z Button in the OK Zone to complete the Jerk.
- Keep the bar steady for 3 seconds by keeping the Power Gauge in the OK Zone. Complete your lift before the Stamina Gauge falls to zero.

HIGH JUMP

RULES

Build up speed in the run-up and then jump, competing to clear the highest bar without knocking it off. Knocking off the bar is a foul; 3 fouls is a disqualification. Successfully clear the bar to advance to the next height.

Multi-Player Games: Players alternate 1 jump at a time.

CONTROLS

- Move the Control Stick or press the +Control Pad ↑ ↓ to select the bar height, then press the A Button to set it.
- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will be fouled.) The faster you press, the higher the Power Gauge will rise and the faster you will run.
- Press/hold the Z Button while in the red Jump Area to set the angle of the jump. When the gauge reaches the desired angle, release the button to jump.
- Press the Z Button as the Recover Gauge approaches the yellow mark to lift your legs and clear the bar.

TRIPLE JUMP

RULES

Build up speed in the run-up and compete for the longest jump distance. Crossing the jumping line before you jump results in a foul. The longest jump out of 3 attempts counts as your score.

Multi-Player Games: Players alternate 1 jump at a time.

CONTROLS

- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will time out.) The faster you press the buttons, the higher the Power Gauge will rise and the faster you will run.
- Press the Z Button as you approach the Jump Line to make your first jump.
- Press the Z Button again when the Timing Gauge drops down to the Timing Mark to make your second jump.
- Press the Z Button again on the Timing Mark to make your third jump.

100M BREAST STROKE
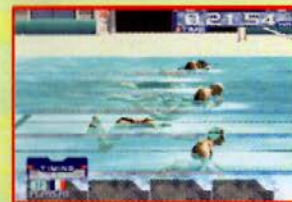
RULES

Compete for the fastest time, swimming breaststroke over a distance of 100m. If you start swimming before the GO! signal, you will false start. A player with 2 false starts will be disqualified.

Multi-Player Games: Players compete simultaneously.

CONTROLS

- At the GO! signal, press the L and R Buttons alternately in time with the Timing Gauge to swim. The closer the mark is to the end of the gauge when the L and R Buttons are pressed, the more powerful your swimming stroke will be.
- You will automatically complete the turn.

VAULT

RULES

Perform various twists and turns on the vault, competing for points. Points are judged on the skill and beauty of the routine.

Multi-Player Games: Players alternate, 1 routine at a time.

CONTROLS

- Repeatedly press the C Buttons ↑ ↓ → ← or the A and B Buttons to begin running. (You must start within 10 seconds or you will be fouled.) The faster you press the buttons, the higher the Power Gauge will rise, increasing the difficulty level of the vault.
- Move the Control Stick or press the +Control Pad to enter the commands that appear on-screen within the time limit.
- Press the Z Button when the Timing Gauge drops down to the Landing Mark to land cleanly.

TRAP SHOOTING

RULES

Compete for the highest score by shooting as many clay skeets as you can with limited ammunition. The faster you shoot the skeets the higher your score. Your final score is the total of all points at the end of the event.

Multi-Player Games: Players alternate their turns at shooting.

CONTROLS

- Select either NORMAL or REVERSE controls.
  NORMAL – Press ↑ on the Control Stick to move the cursor UP.
  REVERSE – Press ↑ on the Control Stick to move the cursor DOWN.
- Press the A Button to release a clay skeet.
- Use the Control Stick to move the target cursor and match it with the target.
- Press the Z Button to shoot.

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